

Walt Best writes  
Marie Wallace

# The secret of Marie Wallace's beautiful life -

*She's got  
good looks,  
good health—  
and  
a wonderful guy  
to go with 'em!*

Marie Wallace plays  
India Hillman on  
"Somerset"





Health-minded teetotalers, Marie and Chris drink toast with fresh-vegetable cocktails.

Marie and her guy Chris Stamatiou share a passion for the good, healthy life.



“I want to live a long time but I don’t want to just ‘live,’ ” Marie Wallace says in a subdued but forthright manner. “I want to live in full, vigorous health. And I think with a sensible approach to life, that’s possible.”

Beautifully put together, mentally as well as physically, Marie is *the* perfect advertisement for good health. And dressed in a striking pants suit with a red-and white Aztec design, she proves conclusively that redheads *should* wear red.

It’s noon, and we’re enjoying an informal lunch—a *quiche Lorraine*—in the sunken living room of her tastefully decorated apartment. And food, especially nutritious food, is a favorite topic of hers.

Some people foolishly skip breakfast, but not Marie. “It’s a long day at the studio,” she says, “and you need all the energy that you can get. Every morning I make a wonderful

pancake with wheat germ and an egg—laced with honey to hold it together. Wheat germ is a terrific source of protein and vitamin B. In my freshly squeezed orange juice, there's yeast—another good source of vitamin B. And I have a glass of skimmed milk fortified with powdered milk so it becomes a double-protein drink.

“An actor *must* keep in shape. It's part of his job. But we should *all* take better care of ourselves. Some of us are just plain abusive—poisoning our bodies with cigarettes and alcohol and the wrong food. We have bodies that are so strong that they can bounce back for a long time. Until one day . . . Well, you've seen men who look terrific for years and then they're hit by a minor ailment which is followed by another illness



and then another. Suddenly they age 10 to 15 years in no time. And it's an accumulation of all that bodily abuse. It finally catches up with you!"

Marie stopped smoking some time ago. ("With all the evidence pointing to cancer, I don't understand *how* people can continue with cigarettes—addiction or no addiction.") Except for an occasional glass of light wine with dinner or a "spritzer" (white wine mixed with club soda poured over the rocks with a twist of lime), she abstains from the hard stuff. ("Most everybody drinks because it's the accepted thing to do. They're forced into it. You walk into someone's home and it's: 'Martini or Manhattan?' That's not much of a choice. Now when I have people over I say: 'Would you like an alcoholic or non-alcoholic beverage?' Because I'll be glad to make my guests a vegetable-juice concoction. It's a fabulous drink.")

She believes firmly (Continued on page 62)



Multi-talented Marie plays classical guitar—and very well.

Bottom left: Chris is super cook and loves inventing recipes with Marie.

Bottom right: Food for thought is as important as food for the body.



## MARIE WALLACE

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in a good night's sleep, her personal timetable is eight hours of rest. "Some can get along with only six. You might need ten hours. You might feel wonderful on one diet but it might not work for somebody else. You have to judge that for yourself. *You're your own best doctor.*" (Marie knows her doctors. She is the widow of the noted surgeon, Dr. Gregory Pollock.)

Advises Marie, "Take care of yourself now. Do it *now*. You'll walk into a health food store and see these little old people who look terrible. Well, that's because they've just discovered health foods. Okay, so their last years will be made better for it. But how much better if they'd taken care of themselves while they were young."

She smiles. " 'Health foods' is such a silly label. All foods are healthy. It's just that some should be eaten in moderation. For instance, avocado really isn't fattening. Unless you're eating huge amounts plus a steak plus a chocolate fudge sundae. Of course, that's going to add a lot of calories. But when you're replacing meat with half an avocado, it's not fattening and you benefit from the wonderful oils in it."

In late January of this year, Marie and her boyfriend, insurance man Chris Stamatiou, agreed to give up meat for a month. How come? "I'd been reading a lot of books on nutrition," she explains, "and discovered that in countries where people don't eat meat—or small amounts of meat—they live much longer and have very little incidence of heart disease. So I said to Chris, 'Let's try it.' "

They did—and neither has touched a hamburger or a steak since! "I can't even *look* at meat any more," Marie says with a mock shudder. "But we're not really vegetarians. Because we continue to eat fish. It has the same protein content as meat and fewer calories.

"Let's face it, meat is a wonderful source of protein. So you must replace it with something equally potent. Eggs and cottage cheese are great. So are wheat germ and soy bean and soy flour. If you can't find an outlet that makes bread with whole wheat or stoneground wheat, bake your own with unbleached flour.

"Chris is a good cook, too. So we have the fun of trying out different recipes and inventing new dishes. And we read all the health books. Because you've *got* to read up on what you're doing."

Marie's a great believer in fresh vegetables. "Try broccoli, cauliflower, corn, carrots. They're easy to prepare. Some of them only take three to five minutes to cook, 15 at the most. And a frozen vegetable doesn't take any less time.

"Once you've tasted the real thing, you reject the frozen. Aside from the loss of vitamin content, the frozen kind actually seems *tasteless!* And I find myself using less and less salt. Many vegetables have a wonderful flavor the salt hides. Like with carrots. You're tasting salt not the carrot. But then we sprinkle salt on *everything*. It's a mat-

ter of habit. We're creatures of habit. And most of them are bad habits."

A few days later, your fascinated reporter met the health-minded actress in her dressing room at the NBC studio in Brooklyn. There were framed photos of Garbo, Dietrich and Mae West on one wall. Small cans of V-8 juice decorated the ledge above the dressing table mirror. Below, on the table, was an apple, an orange, a cheese wedge and a plastic bag brimming with sliced carrots, celery and radishes. That's for nibbling—fortification!—throughout the endless day of camera rehearsals, the runthrough, the "dress," finally, the "air" show.

"I often carry a little bag of nuts mixed with raisins," she says with quiet glee, pouring me a cup of herb tea. "To me, these foods are delicious. I feel like I'm eating one big dessert all the time!"

"I don't eat things just because they're good for me. They've got to taste delicious, give me pleasure. There are so many good-tasting foods that are also beneficial. Why bother with something you don't really enjoy?"

She points to the orange on the table. "I always save that for going home in the cab. Because after the taping, I'm *starved!*"

Born in New York City, the actress grew up in the section of town called Yorkville. But Marie's mother saw to it that her urbanized daughter went to camp every summer. Swimming and rowing were her specialties. "I think they played a very important part in building my body," she says. "I hate to see kids that are flabby or with any loose fat. Man's skin should just cover his bones. That's the time you feel best and have the most energy."

She continues to be an active person. Indoors, she paints, studies the classical guitar and practices Yoga instead of torturous exercises that only abuse the body. Outdoors, there's jogging and bicycle riding with Chris in Central Park. During the warm weather months, the good-looking couple likes to get out of the city for a weekend of sun and water sports. "My boyfriend has a fabulous physique!" she announces proudly. "He's Greek, you know, and he was brought up in a health-oriented home by his father."

Smiling contentedly, Marie Wallace opens the plastic bag and offers me a sampling of her vegetable treats. "What I'm most pleased with now is the life-style I'm living. It's good for me and I'm living it the way I want to and it's *not* what everybody else is doing. It's what *I* want to do. This is marvelous. I feel wonderful! And I'm lucky to have a man in my life who feels the same way."

—DAVID JOHNSON